

Interest Inventory

Please answer the following questions. This interest inventory is a brainstorming technique designed to get you thinking about what really interests you and is important to you, your life, and your future.

1. What hobbies or extra-curricular activities interests you the most? Consider ones that you currently are active in, or ones that you would like to become active in.
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2. When you are flipping through the channels on TV and come across an informational or real-life type of program, at what topics might you be likely to actually stop and watch the program?
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3. What well-known figures do you admire or find interesting? (Think of any person, living or dead, who has had a significant effect on society or the lives of others.)
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4. What creative endeavor do you find most interesting? Consider arts, literature, architecture, etc. – anything that involves the creativity of the human mind, and the individuals involved.
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5. What historical events or figures seem the most interesting to you? Is there a particular time period or location that fascinates you?

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6. What do you hold strong beliefs about, that others may have strongly differing views on?

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7. What are your goals for the future? (both short- and long-term)

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8. What aspects of life would you change if you could?

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